



16 Chimes

Why we like it: Students have a short amount of time to process their learning by moving their body with focus and control. This activity helps wire the brain to be able to focus on listening to one thing at a time (chime). It also teaches them how to move their body in a calm way. Students are building self regulation skills in a fun way.

Duration: 3-5 minutes

Materials: Chime

FocusedKids Lesson Video:

VOCABULARY

Chime, moving slow, control, focus, calm

MAKE IT A HABIT

Take a picture of the class doing tick-tock. Put it on a card and laminate. Do the same thing with other short movement breaks such as tick-tock and elephant shower. When you notice students are needing a quick movement break, ask a student to pick an exercise out for the class to participate in.

PRACTICE IT

16 chimes works great with all ages. Incorporate this short break each day when you notice your students are needing a short movement and refocus break. They can do this exercise and then get right back on track with the lesson.

SEND IT HOME

Ask students how they could do something similar to 16 chimes at home if they don't have a chime?

CORE LESSON

What to Say

1. Tell the kids to make themselves into a ball or seed like position on the floor. Set boundaries around being in your own personal space and not going on top of anything, like a desk, and not going underneath anything in the classroom.
2. The teacher will ding the chimes 16 times in total going slow. Each time the students hear the sound of the chime, they will move their body a little bit bigger so by the 16th chime, their body will be as tall as they can make it. For most kids this will look like arms reached to the sky, standing on tip-toes.
3. When they hear the 16th chime, they will take a deep breath in and slowly breathe out while melting their body back to the ground.
4. Encourage students to do this slowly with control. Model what it shouldn't look like when they melt their body (silly, crazy, loud).
5. Practice 3 times!





LESSON EXTENSIONS

Brain Science

- When we connect the brain and body, student's brains become more wired for focused attention and more body awareness. Research shows that movement also allows for better retention of learning. [Read the article](#)

MAKE IT YOUR OWN!



